



Families OverComing Under Stress (FOCUS) Program for Military Families

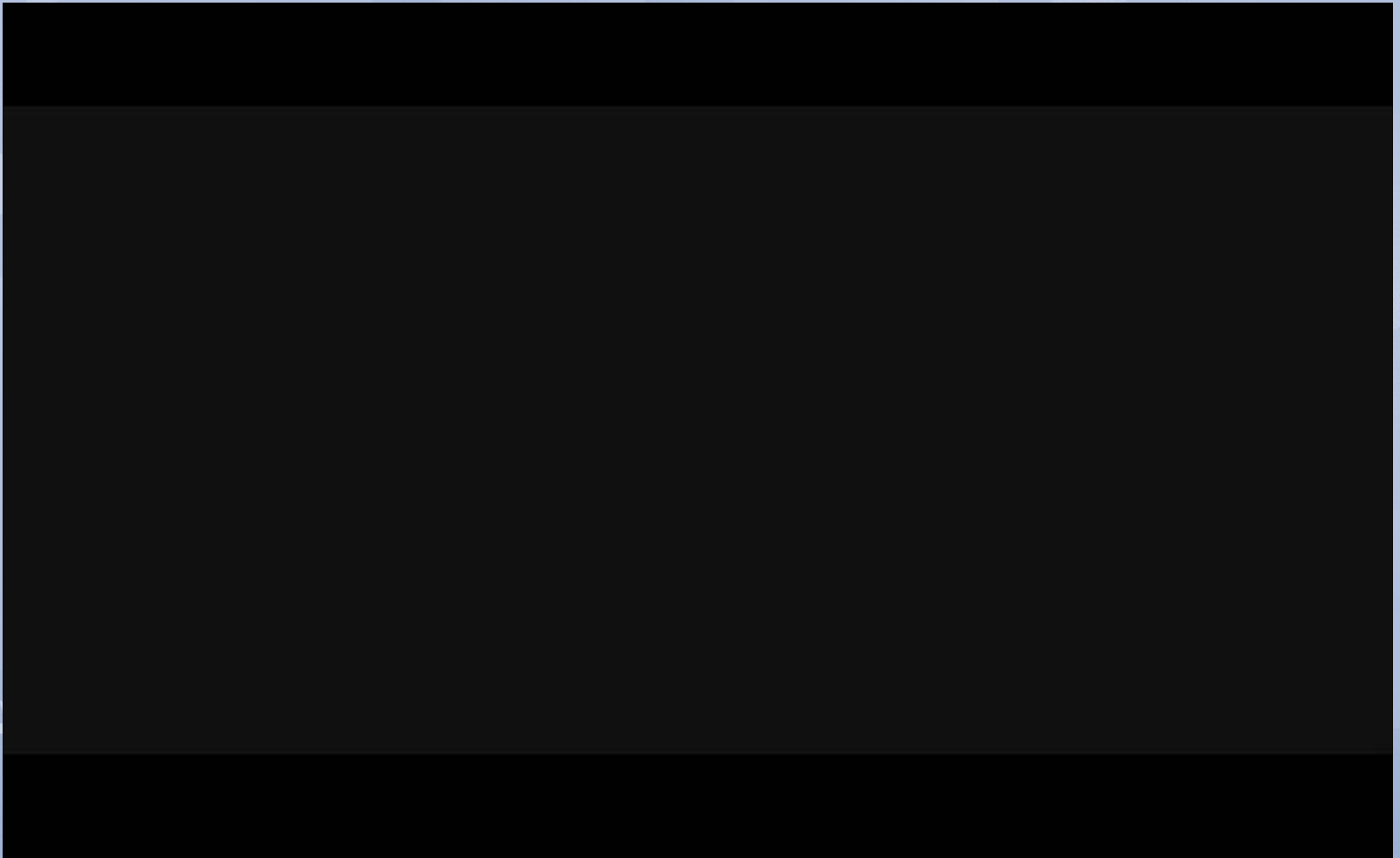
UCLA

NCTSN
The National Child
Traumatic Stress Network

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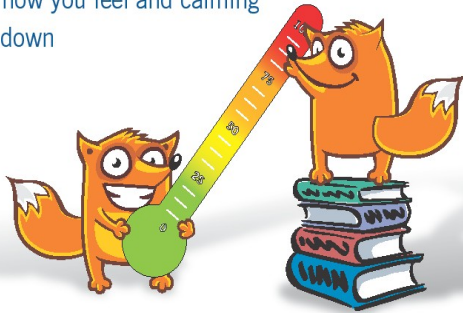
FOCUS Video



FOCUS Skills Build Stronger Families

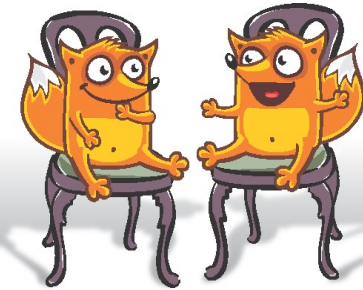
Managing Feelings:

Naming how you feel and calming yourself down



Communication:

Saying what you think, feel, and need and using good listening skills when someone talks to you



Goal Setting:

Making a plan to achieve something that you want to do



Problem Solving:

Identifying problems and creating solutions to them

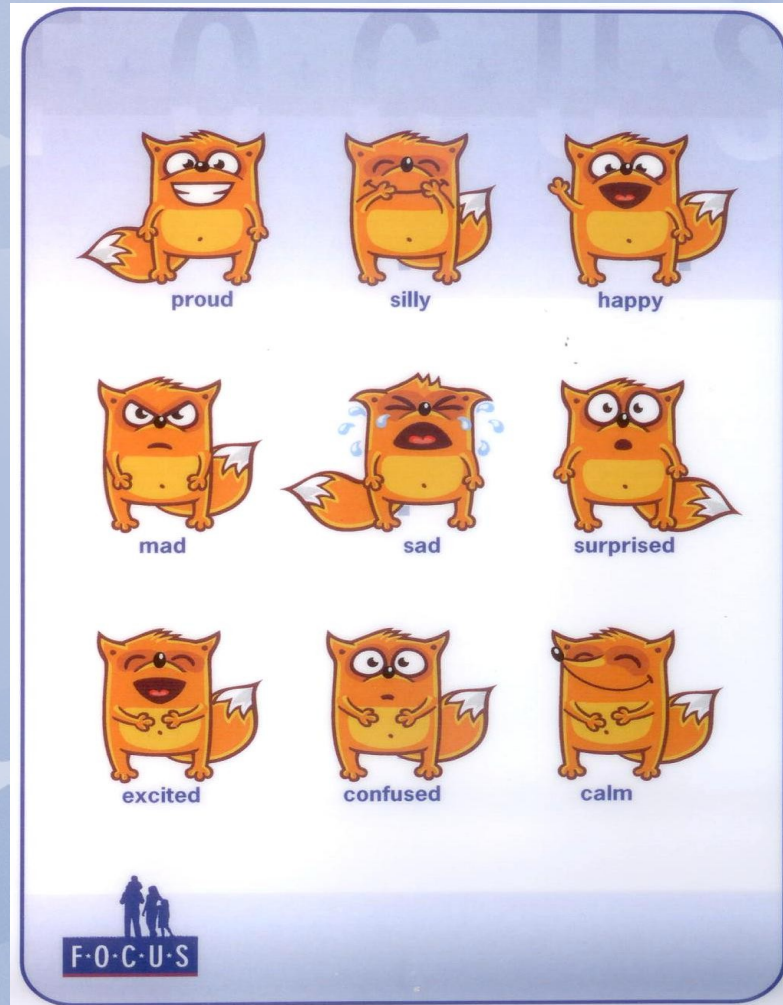


Coping with Deployment Reminders:

Learning how to manage challenging thoughts and experiences



FOCUS for Early Childhood (FOCUS-EC)

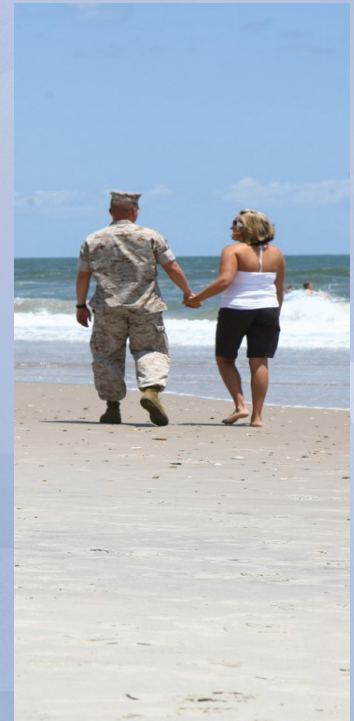


- Address the needs of families with children under age 5
- FOCUS core components are modified for parent-young child interactions

FOCUS for Couples

Couples participate in 5 - 8 training sessions to learn specific skills to:

- Improve communication
- Problem solve around difficulties with reunion and reintegration
- Identify strategies for dealing with deployment reminders
- Enhance mutual support



How is FOCUS unique?

- Confidential
- Preventive
- Evidenced-based
- Child and family expertise
- Highly trained professionals
- Family-focused
- Family-friendly hours
- Customized programs for special populations
 - Wounded Warriors
 - Couples
 - Young Children (ages 3-4)
- Collaborative and complementary
- Stable staff and locations
- Wide array of services

FOCUS Sites



MCB Camp Pendleton, California
MCAGCC Twentynine Palms, California
MCB Camp Lejeune, North Carolina
MCB Kaneohe Bay, Hawaii
MCB Okinawa, Japan
MCB Quantico, Virginia
USMC Wounded Warrior Regiment
Naval CBC Gulfport, Mississippi
Naval Base Ventura County, California
Naval Medical Center San Diego, California
Naval Station Norfolk, Virginia
NAB Coronado Island, California
NAB Little Creek / Dam Neck, Virginia
NAS Whidbey Island, Washington
Joint Base Lewis-McChord, Washington
Joint Base Pearl Harbor-Hickam, Hawaii
Wheeler AAF/Schofield Barracks, Hawaii

FOCUS Hawaii Locations

- **Marine Corps Base Hawaii**

579 Reed Road Bldg 3022

- **Wheeler Army Airfield**

1262 Santos Dumont
Avenue Bldg 122

- **Military & Family Support Center - Pearl Harbor**

4827 Bougainville Drive

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